

Nutrition Chats: May 2020

Join a SNAP-Ed Nutrition Educator for a thirty-minute zoom session on popular health and nutrition topics. To join click on the title of the session the day & time of the program.

FIBER

Donna & Anthony • Friday May 8th 2:00pm-2:30pm
Meeting ID: 981 2545 1330

What are differences of good fat and bad fats?

Gerry & Claudia • Thursday May 14th 3:00pm-3:30pm
Meeting ID: 913 6316 9836

How to add veggies to your meals

Scenquetta & Melanie • Thursday May 21st 11:00am-11:30am
Meeting ID: 928 0981 1181

Shopping Smart

Juana & Melek • Tuesday May 26th 11:00am-11:30am
Meeting ID: 986 3793 7780



Cornell Cooperative Extension
Suffolk County



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